

GOLD'S GYM[®]

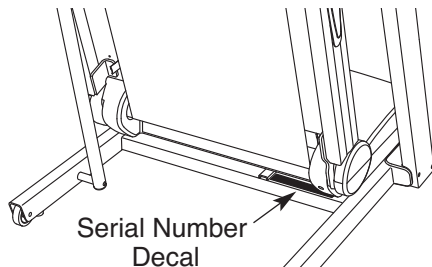
MAXX 685T

www.workoutwarehouse.com

Model No. GGTL07819.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

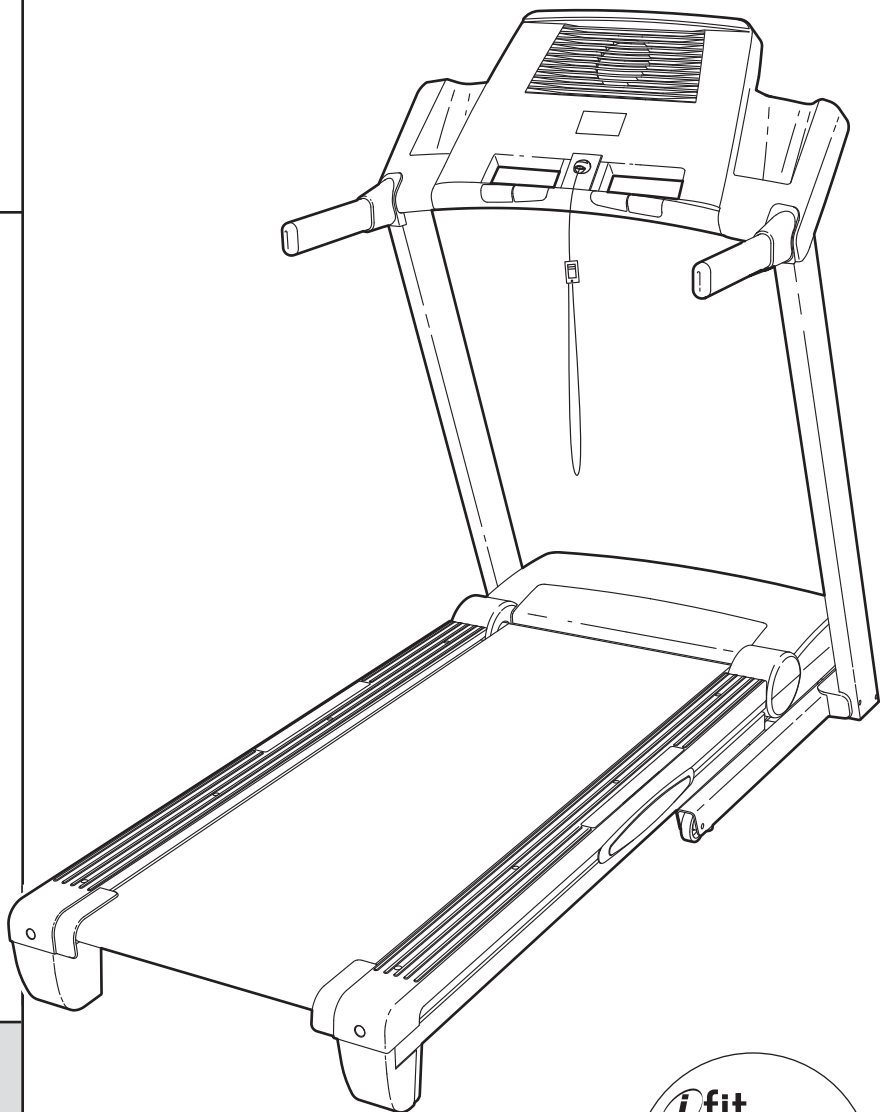
1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.workoutwarehouse.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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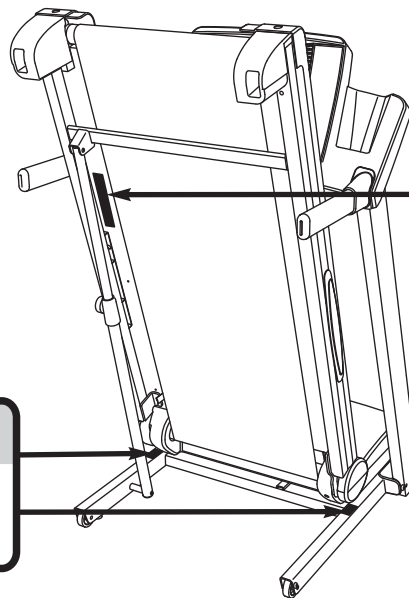
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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :

-  •Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  •Never allow children on or around treadmill.
- Remove key when not in use.
-  •Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
-  •Always wear athletic shoes while operating treadmill.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 13), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local GOLD'S GYM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
23. Never insert any object into any opening on the treadmill.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
27. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

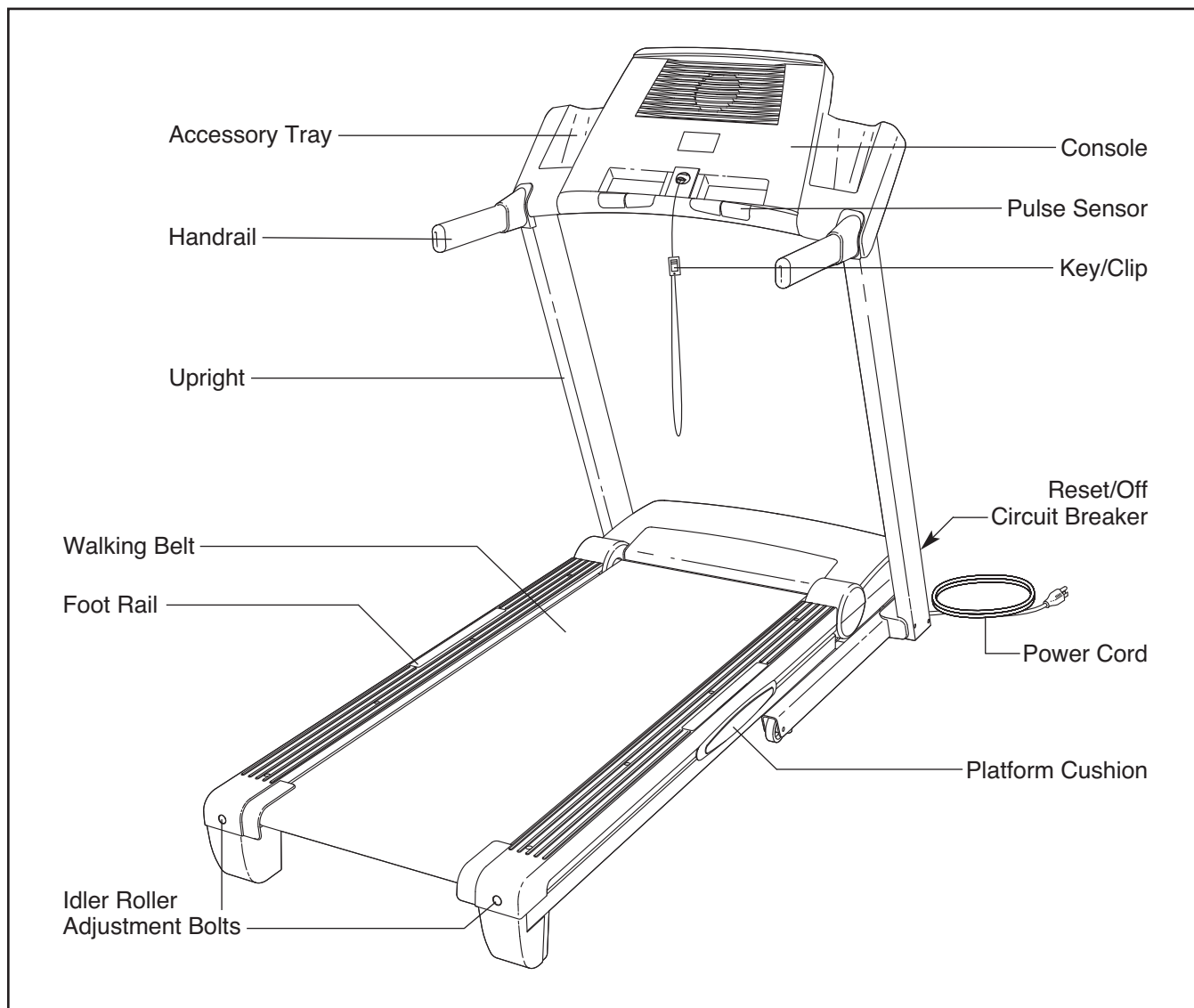
BEFORE YOU BEGIN

Thank you for selecting the revolutionary GOLD'S GYM® MAXX 685T treadmill. The MAXX 685T treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



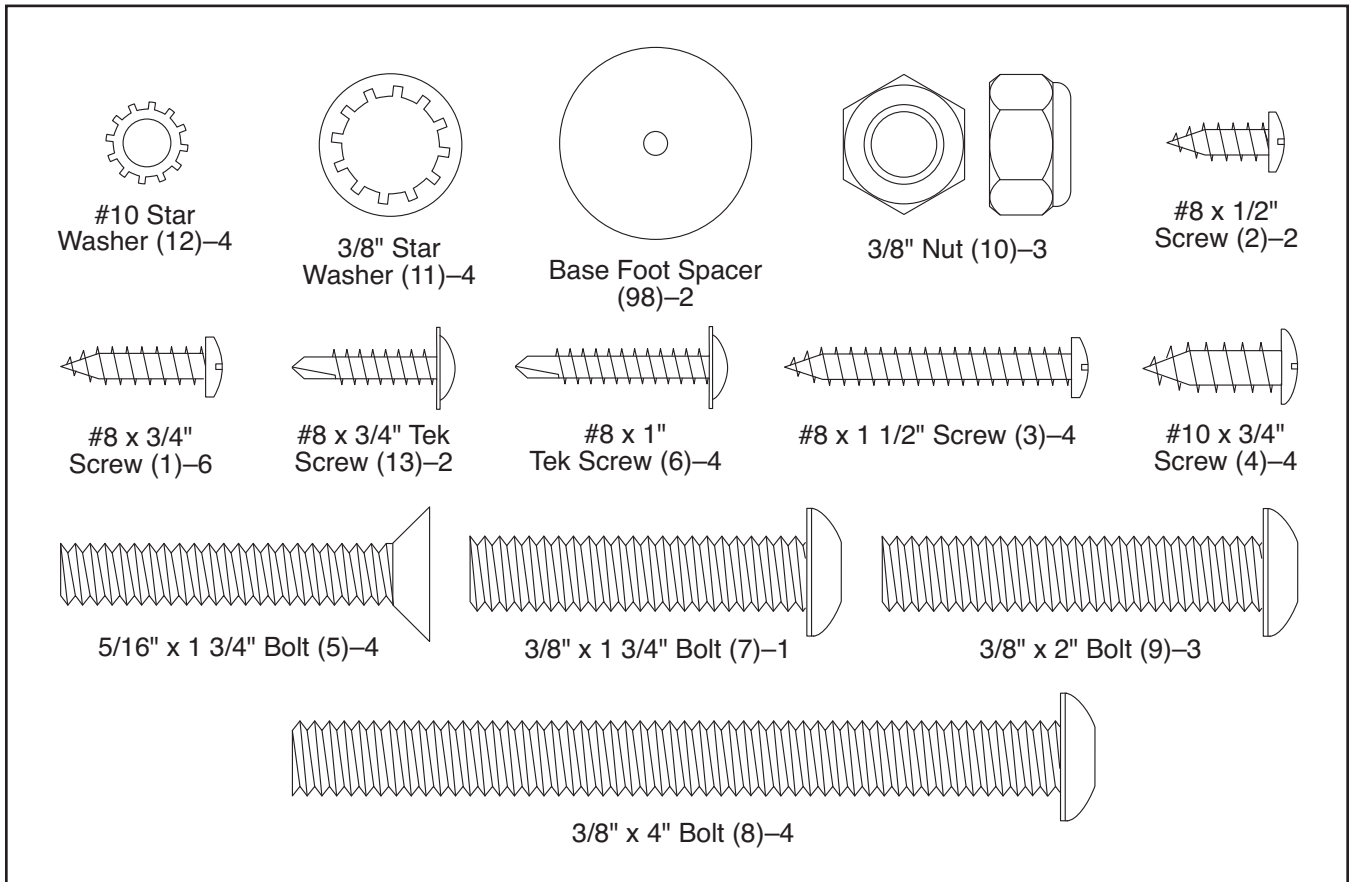
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key  and your own Phillips screwdriver , adjustable wrench , needlenose pliers , scissors , and rubber mallet .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



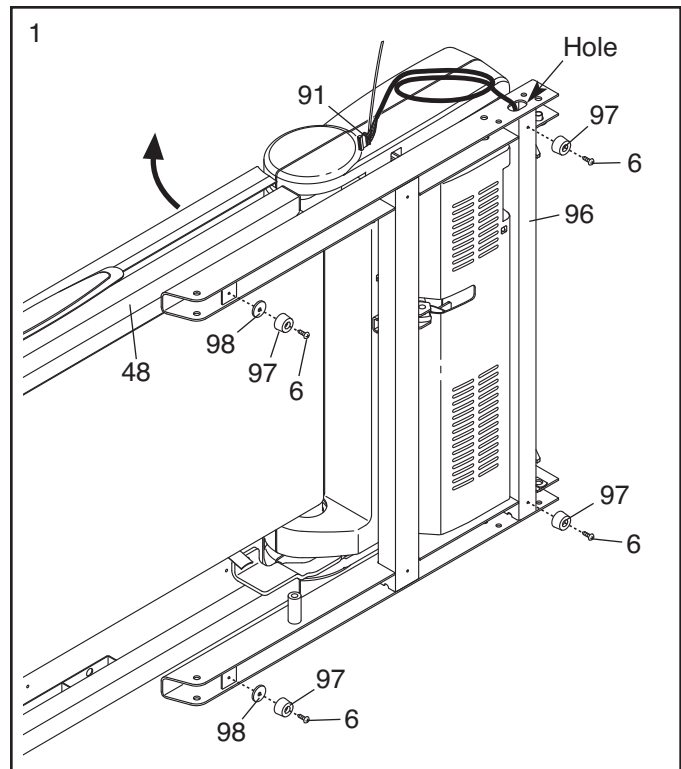
1. **Make sure that the power cord is unplugged.**

With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (48) so that the treadmill is more stable; **do not fully fold the Frame yet.**

Cut the shipping tie securing the Wire Harness (91) to the Base (96). Locate a plastic tie in the indicated hole in the Base, and use the tie to pull the Wire Harness out of the hole.

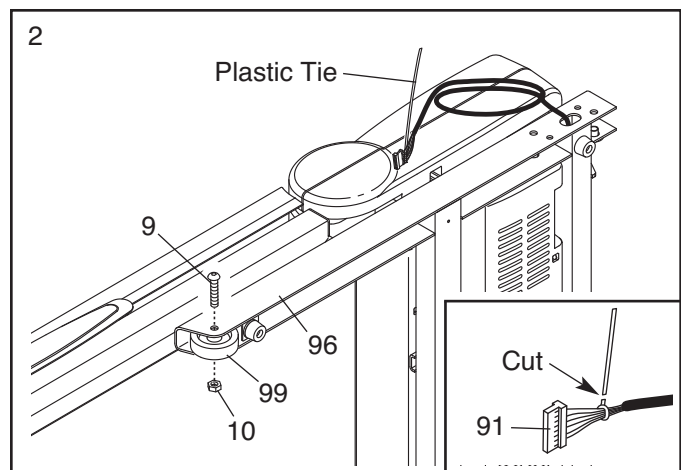
Attach two Base Feet (97) to the Base (96) in the locations shown with two #8 x 1" Tek Screws (6) and two Base Foot Spacers (98).

Then, attach the other two Base Feet (97) with two #8 x 1" Tek Screws (6).



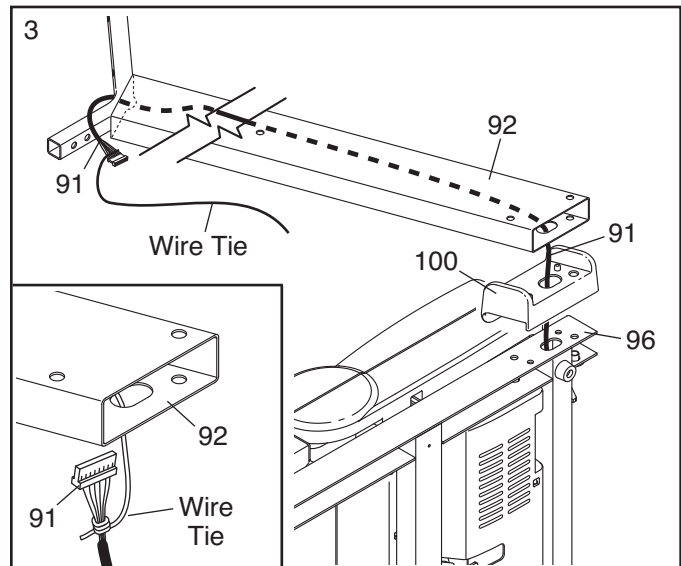
2. **See the inset drawing.** Cut the plastic tie near the Wire Harness (91).

Attach a Wheel (99) with a 3/8" x 2" Bolt (9) and a 3/8" Nut (10) to the Base (96). **Do not over-tighten the Nut; the Wheel must turn freely.**



3. Identify the Right Upright (92) and the Right Upright Spacer (100), which are marked with "Right" stickers. Insert the Wire Harness (91) through the Right Upright Spacer as shown. Set the Right Upright Spacer on the Base (96).

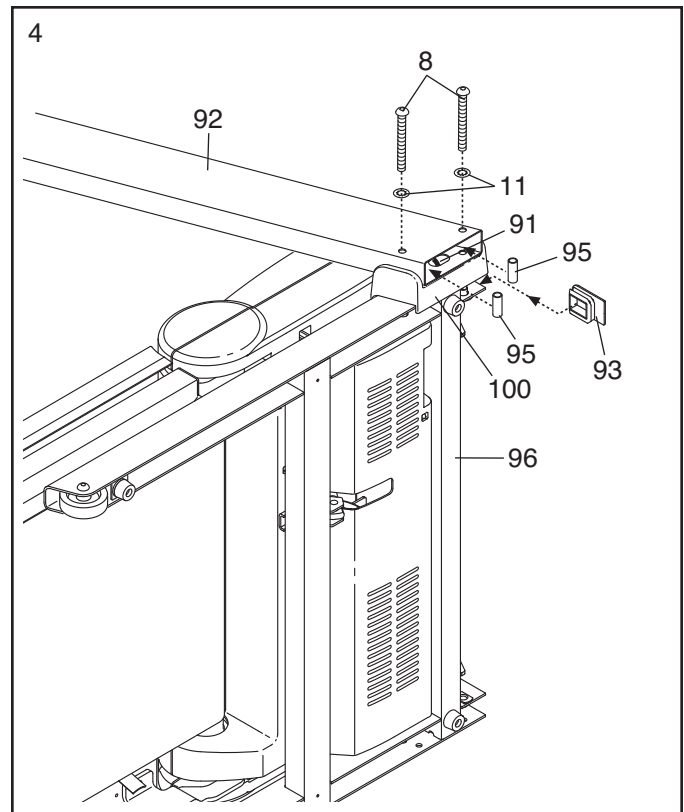
With the help of a second person, hold the Right Upright (92) near the Base (96). **See the inset drawing.** Tie the wire tie in the Right Upright securely around the end of the Wire Harness (91). Then, pull the other end of the wire tie until the Wire Harness is routed completely through the Right Upright.



4. Hold a Bolt Spacer (95) inside the lower end of the Right Upright (92). Insert a 3/8" x 4" Bolt (8) with a 3/8" Star Washer (11) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (95), 3/8" x 4" Bolt (8), and 3/8" Star Washer (11).**

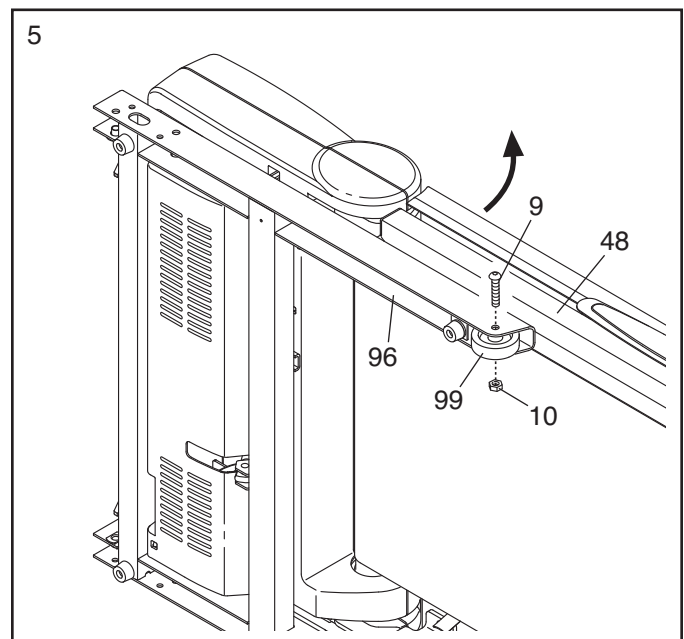
Hold the Right Upright Spacer (100) and the Right Upright (92) against the Base (96). **Be careful not to pinch the Wire Harness (91).** Tighten the 3/8" x 4" Bolts (8) until the heads of the Bolts touch the Right Upright; **do not fully tighten the Bolts yet.**

Press a Base Cap (93) into the Base (96).



5. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (48) so the treadmill is more stable; **do not fully fold the Frame yet.**

Attach a Wheel (99) with a 3/8" x 2" Bolt (9) and a 3/8" Nut (10) to the Base (96). **Do not overtighten the Nut; the Wheel must turn freely.**

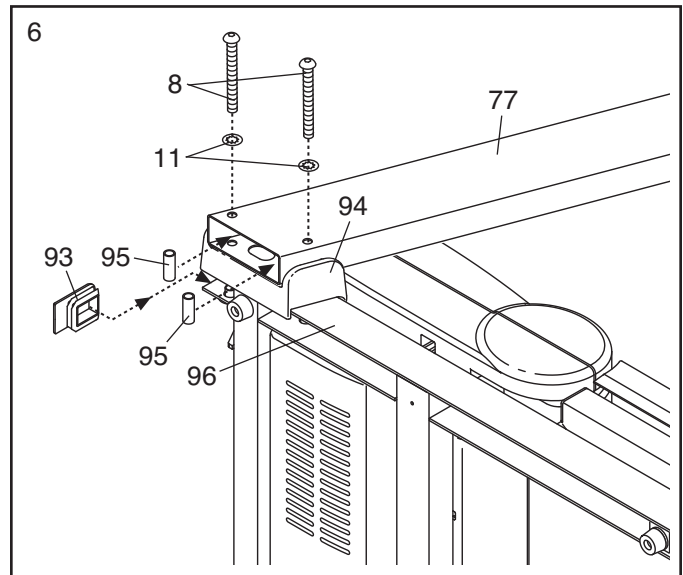


6. Hold a Bolt Spacer (95) inside the lower end of the Left Upright (77). Insert a 3/8" x 4" Bolt (8) with a 3/8" Star Washer (11) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (95), 3/8" x 4" Bolt (8), and 3/8" Star Washer (11).**

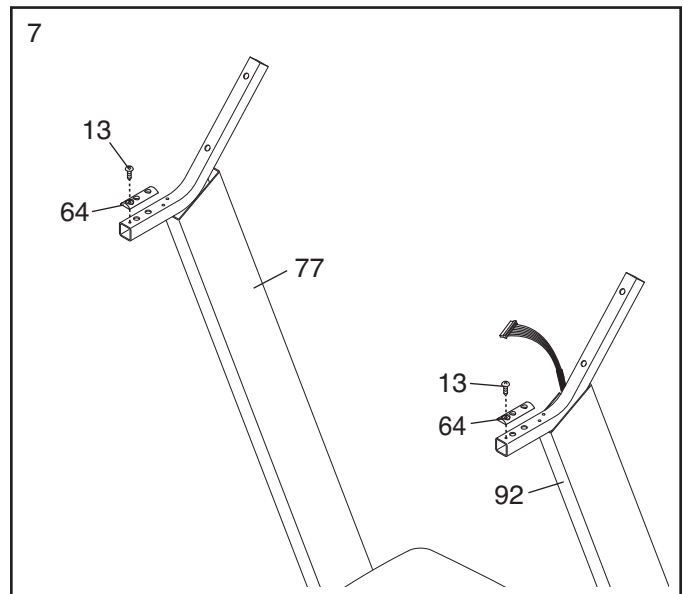
Hold the Left Upright Spacer (94) and the Left Upright (77) against the Base (96). Tighten the 3/8" x 4" Bolts (8) until the heads of the Bolts touch the Left Upright; **do not fully tighten the Bolts yet.**

Press a Base Cap (93) into the Base (96).

With the help of a second person, tip the treadmill so that the Base (96) is flat on the floor.

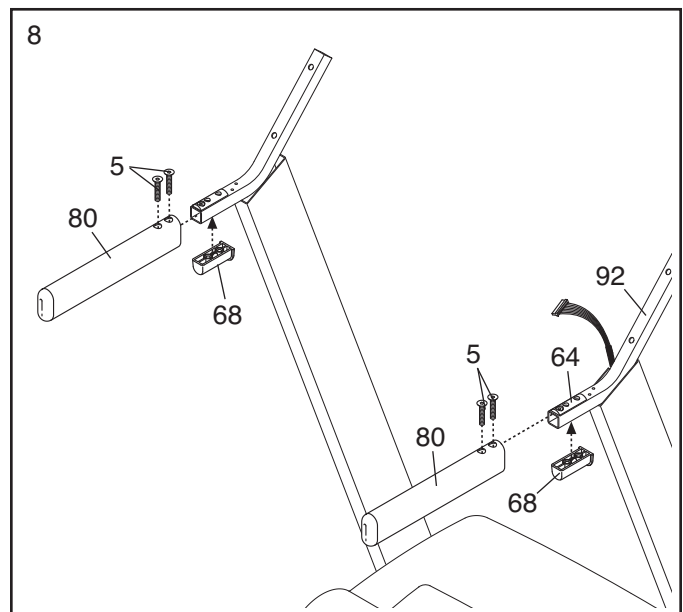


7. Attach two Top Handrail Spacers (64) to the Uprights (77, 92) with two #8 x 3/4" Tek Screws (13).

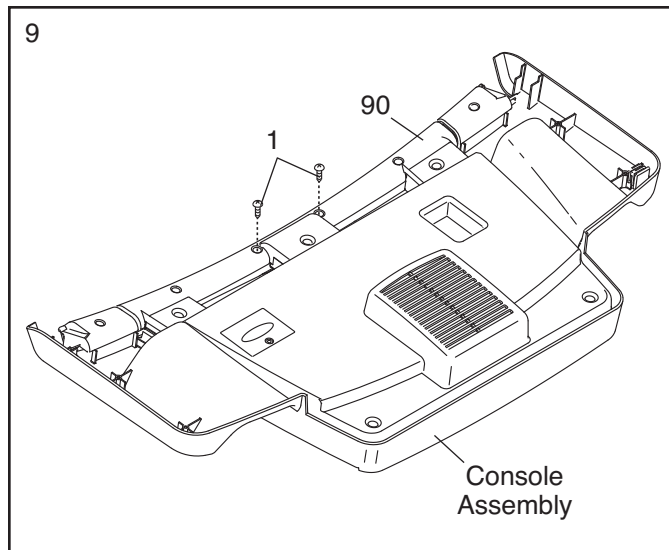


8. Hold a Bottom Handrail Spacer (68) against the Right Upright (92). Align the holes in the Bottom Handrail Spacer with the holes in the Top Handrail Spacer (64). Then, slide a Handrail (80) onto the Handrail Spacers. Attach the Handrail and Bottom Handrail Spacer to the Right Upright with two 5/16" x 1 3/4" Bolts (5); **do not fully tighten the Bolts yet.**

Repeat this step with the other Handrail (80) and Bottom Handrail Spacer (68).

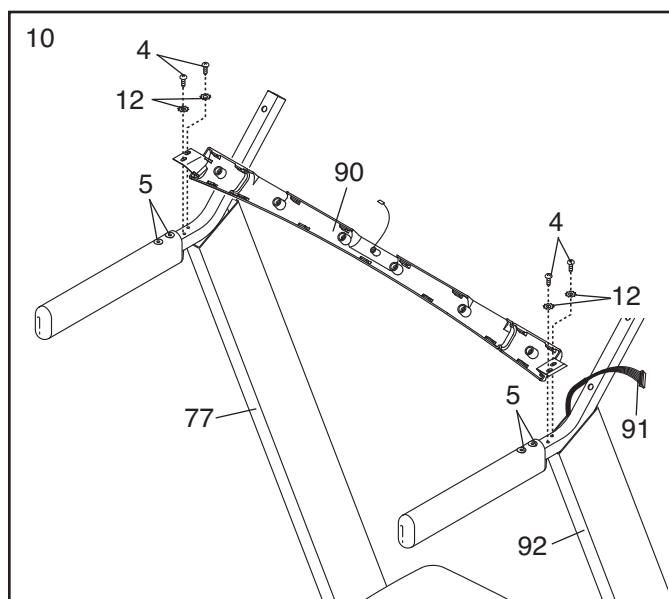


9. Set the console assembly face down on a soft surface to avoid scratching the console assembly. Remove the two #8 x 3/4" Screws (1). Lift off the Pulse Bar (90). **Save the Pulse Bar and the two Screws for assembly steps 10 and 12.**



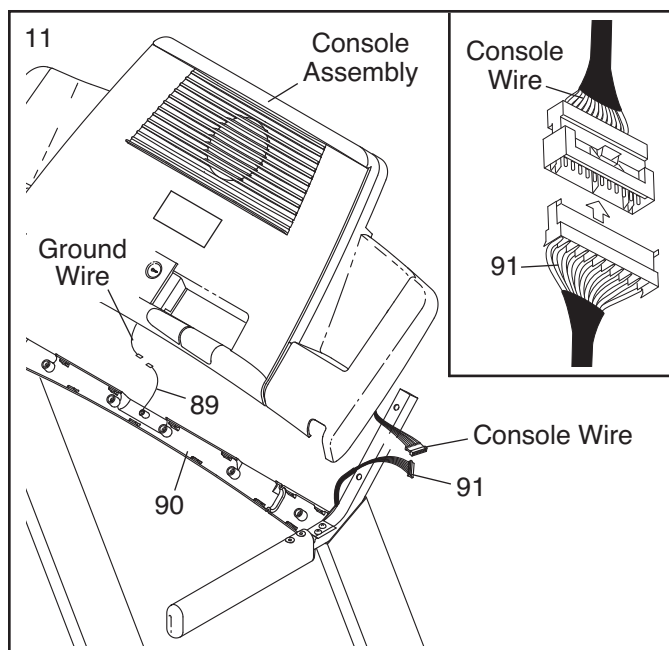
10. Set the Pulse Bar (90) on the Left and Right Uprights (77, 92). Attach the Pulse Bar with four #10 x 3/4" Screws (4) and four #10 Star Washers (12). **Start all four Screws before firmly tightening any of them. Be careful not to pinch the Wire Harness (91).**

Firmly tighten the four 5/16" x 1 3/4" Bolts (5).



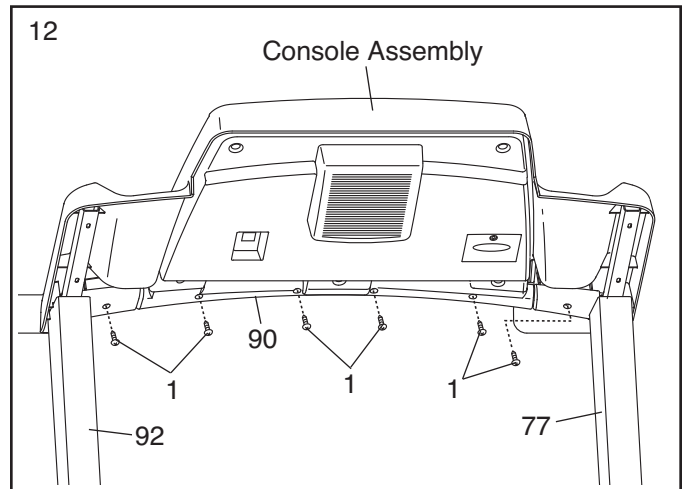
11. While a second person holds the console assembly near the Pulse Bar (90), connect the Console Ground Wire (89) on the Pulse Bar to the ground wire from the console assembly.

Connect the console wire to the Wire Harness (91). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Lay the wires inside the bottom of the Pulse Bar (90).



12. Set the console assembly on the Left and Right Uprights (77, 92). **Be careful not to pinch any wires.**

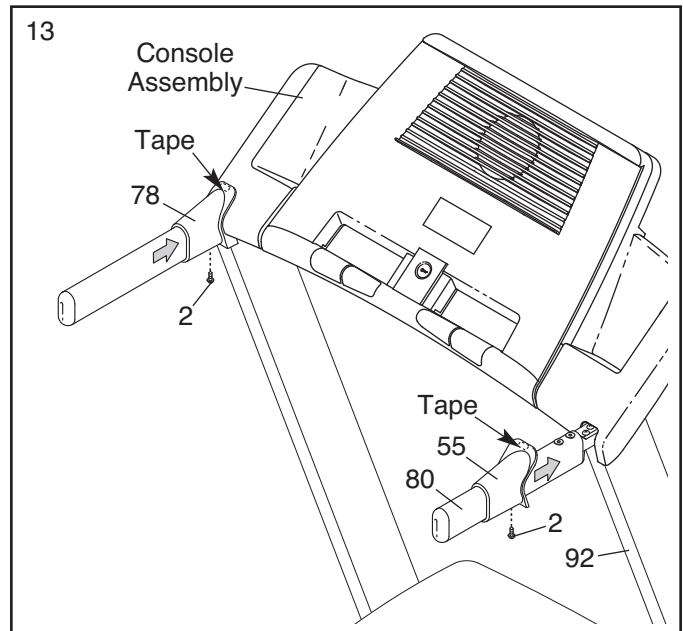
Attach the console assembly to the Pulse Bar (90) with six #8 x 3/4" Screws (1). **Start all six Screws before firmly tightening any of them.**



13. Identify the Right Handrail Cover (55), which is marked with a sticker. Slide the Right Handrail Cover onto the right Handrail (80).

Remove the paper backing off of the tape in the indicated location and press the Right Handrail Cover (55) against the console assembly. Tighten a #8 x 1/2" Screw (2) into the Right Handrail Cover and the Right Upright (92); **be careful not to overtighten the Screw.**

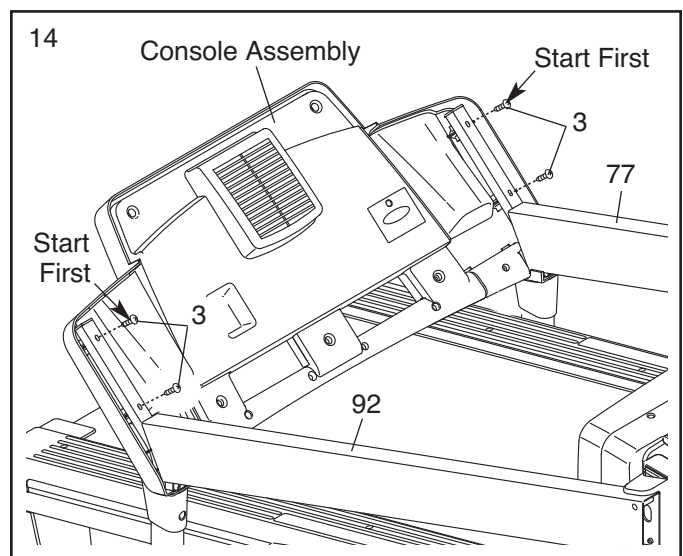
Attach the Left Handrail Cover (78) in the same way.



14. Carefully lower the Uprights (77, 92) as shown.

Start the two indicated #8 x 1 1/2" Screws (3) into the Left and Right Uprights (77, 92) and the console assembly. If necessary, pull back on the console assembly slightly to align the holes in the Uprights with those on the console assembly. **Start the other two #8 x 1 1/2" Screws (3) and then tighten all four Screws; do not overtighten the Screws.** Then, raise the Uprights.

See steps 4 and 6. Firmly tighten the four 3/8" x 4" Bolts (8).



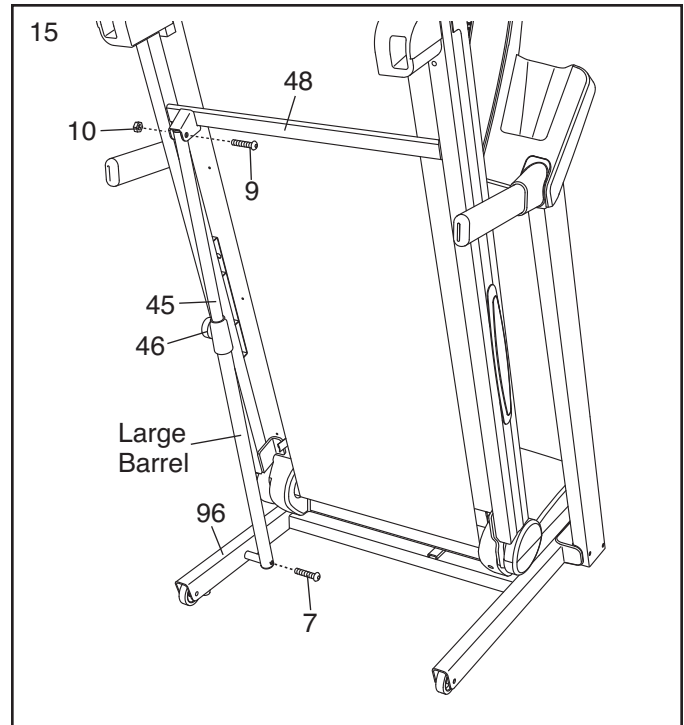
15. Raise the Frame (48) to the position shown.
Have a second person hold the Frame until this step is completed.

Orient the Storage Latch (45) so that the large barrel and the Latch Knob (46) are in the positions shown.

Attach the upper end of the Storage Latch (45) to the bracket on the Frame (48) with a 3/8" x 2" Bolt (9) and a 3/8" Nut (10).

Attach the lower end of the Storage Latch (45) to the Base (96) with a 3/8" x 1 3/4" Bolt (7). Note: It may be necessary to move the Frame (48) back and forth to align the Storage Latch with the Base.

Lower the Frame (48) (see HOW TO LOWER THE TREADMILL FOR USE on page 21).



16. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 23 and 24).

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

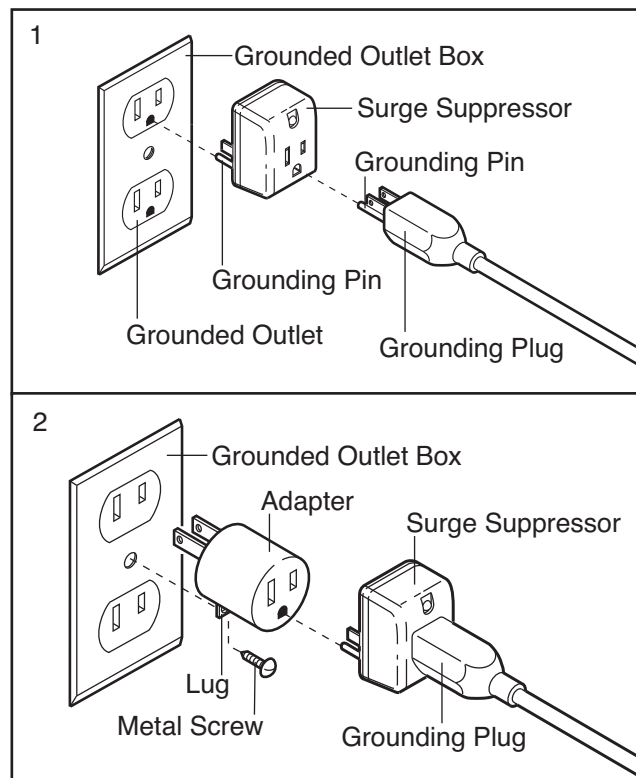
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local GOLD'S GYM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

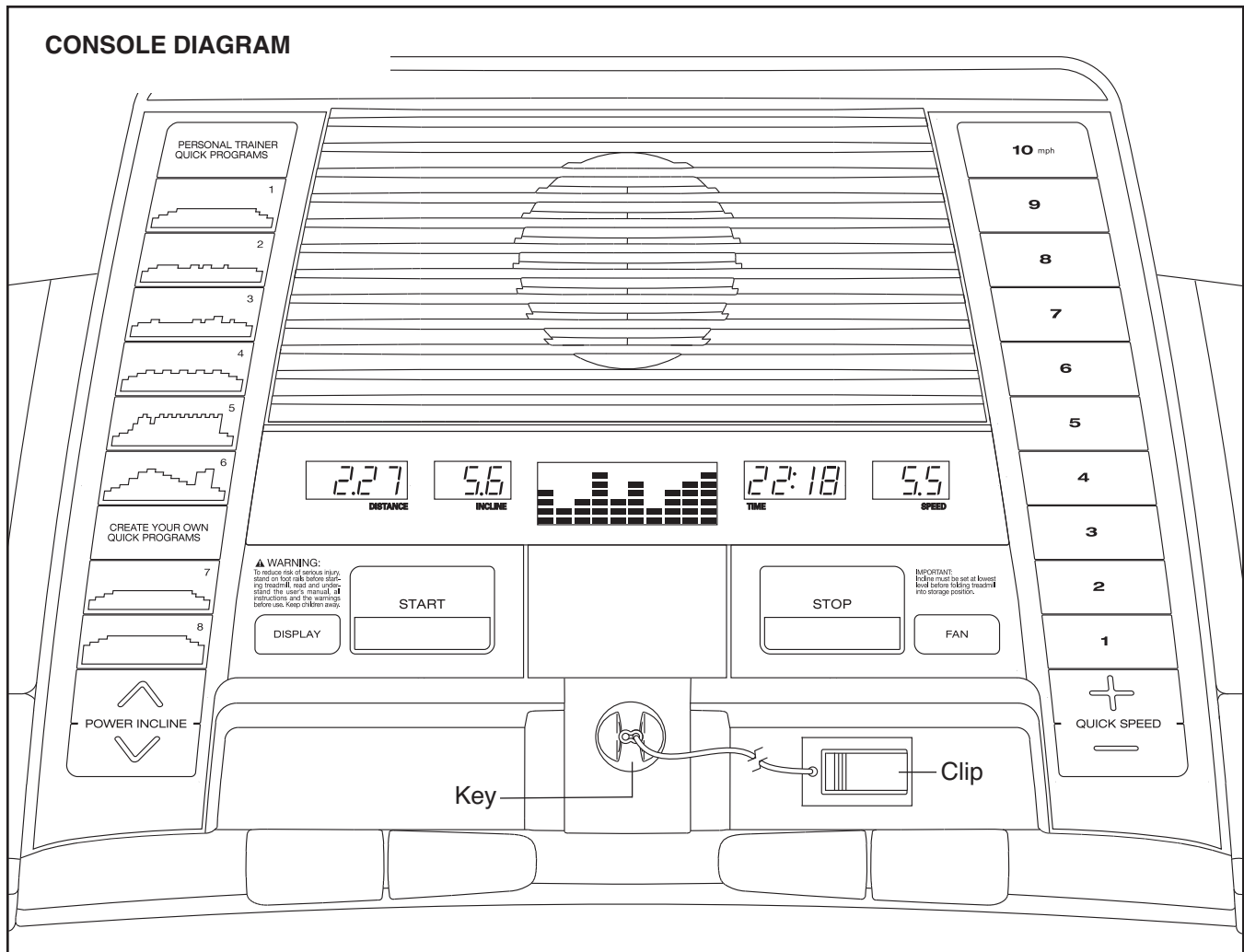
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts. When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

In addition, the console features twelve preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom workout programs and save them in memory for future use.

To turn on the power, see page 15. To use the manual mode, see page 15. To use a personal trainer

quick program, see page 17. To create and use your own quick program, see pages 18 and 19. To use the information mode, see page 20.

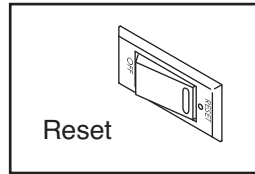
IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 20. For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

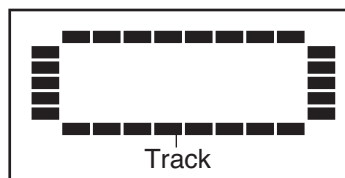
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2. Select the manual mode.

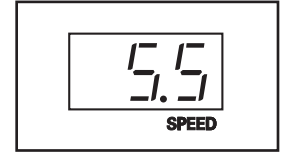
When you insert the key, the manual mode will be selected. If you have selected a program, reselect the manual mode



by pressing a Programs button repeatedly until a track appears in the center of the display.

3. Start the walking belt.

To start the walking belt, press the Start button, the Quick Speed increase button, or one of the speed buttons numbered 1 through 10.



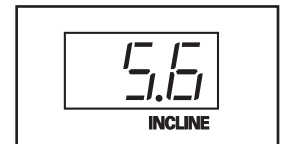
If you press the Start button or the Quick Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Quick Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the speed buttons numbered 1 through 10, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the walking belt, press the Start button, the Quick Speed increase button, or one of the speed buttons numbered 1 through 10.

4. Change the incline of the treadmill as desired.

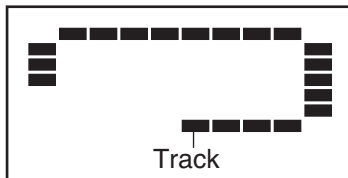
To change the incline of the treadmill, press the Power Incline increase and decrease buttons. Each time you press a button, the incline will change by 0.5%. It may take a moment for the treadmill to reach the selected incline setting.



5. Follow your progress with the matrix and the displays.

The matrix—

When the manual mode is selected, the matrix will show a 1/4-mile track. As you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then disappear and the indicators will again begin to light in succession.



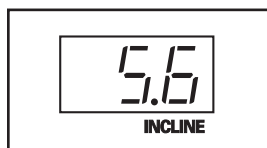
The Calories/Distance display—

This display will show the approximate number of calories you have burned and the distance that you have walked or run during your workout. The display will change from one measurement to the other every few seconds.



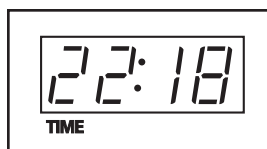
The Incline/Pulse display—

This display will show the incline level of the treadmill and your heart rate when you use the handgrip pulse sensor.



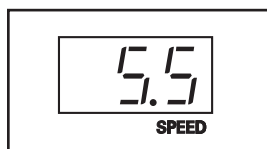
The Time/Pace display—

This display will show the elapsed time and your pace (pace is measured in minutes per mile). Note: When a personal trainer quick program is selected, the display will show the time remaining in the program instead of the elapsed time. The display will change from one measurement to the other every few seconds.



The Speed display—

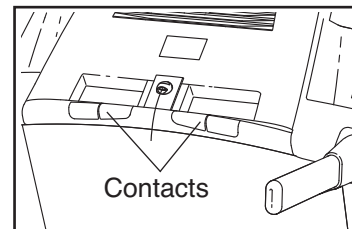
This display will show the speed of the walking belt in miles or kilometers per hour.



To review specific information, press the Display button repeatedly until the displays show the information that you are most interested in viewing.

6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the Incline/Pulse display will show one or two dashes and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features low and high speed settings. Press the fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

8. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PERSONAL TRAINER QUICK PROGRAM

1. Insert the key into the console.

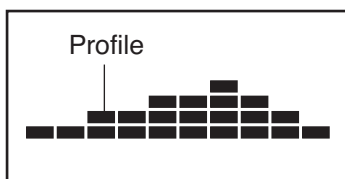
See HOW TO TURN ON THE POWER on page 15.

2. Select one of the personal trainer quick programs.

To select one of the twelve personal trainer quick programs, press one of the six Personal Trainer Quick Programs buttons. If you press the button a second time the intensity of the program will increase by 1 mph. If you press the button a third time the treadmill will return to the manual mode.

A few seconds after you select a personal trainer program, the maximum incline setting and the maximum speed

setting of the program will flash in the display for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

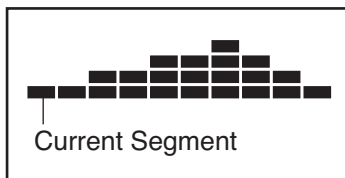


3. Start the program.

Press the Start button or the Quick Speed increase button to start the program. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the program, the profile will show your progress. The flashing segment of the profile rep-



resents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you. The treadmill will then automatically adjust to the speed and/or incline setting for the next segment.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the speed or incline buttons; **however, when the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Quick Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the matrix and the displays.

See step 5 on page 16.

5. Measure your heart rate if desired.

See step 6 on page 16.

6. Turn on the fan if desired.

See step 7 on page 16.

7. When you are finished exercising, remove the key from the console.

See step 8 on page 16.

HOW TO CREATE YOUR OWN QUICK PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2. Select a custom quick program.

To select a custom quick program, press one of the two Create Your Own Quick Programs buttons.

Note: If a custom quick program has not yet been defined, only three segments of the profile will scroll across the matrix. If more than three segments appear, see HOW TO USE YOUR OWN QUICK PROGRAM on page 19.

3. Start the program and program the desired speed and incline settings.

Press the Start button or the Quick Speed increase button to start the program. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing segment of the profile. To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Quick Speed

and Power Incline buttons. Every few times a Quick Speed button is pressed, an additional indicator will appear or disappear in the current segment column.



When the first segment of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three segments of the profile will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing current segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

4. When you are finished exercising, remove the key from the console.

See step 8 on page 16.

HOW TO USE YOUR OWN QUICK PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2. Select a custom quick programs.

To select a custom quick programs, press one of the two Create Your Own Quick Programs buttons.

A few seconds after you select a custom quick program, the maximum incline setting and the maximum speed setting of the program will flash in the display for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix. If you press the button a second time, the program will return to the manual mode.

Note: If only three segments of the profile scroll across the matrix, see HOW TO CREATE YOUR OWN QUICK PROGRAM on page 18.

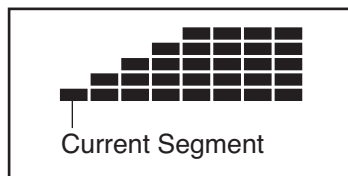
3. Start the program.

Press the Start button or the Quick Speed increase button to start the program. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each of the custom quick programs is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the program, the profile will show your progress. The flashing segment of the profile represents the current

segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed



and incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you. The treadmill will then automatically adjust to the speed and/or incline setting for the next segment.

The program will continue in this way until the last segment of the profile flashes in the current segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the program while using it. **To change the speed or incline setting for the current segment**, simply press the Power Incline, Quick Speed, or numbered speed buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program is completed.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the matrix and the displays.

See step 5 on page 16.

5. Measure your heart rate if desired.

See step 6 on page 16.

6. Turn on the fan if desired.

See step 7 on page 16.

7. When you are finished exercising, remove the key from the console.

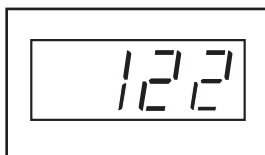
See step 8 on page 16.

THE INFORMATION MODE

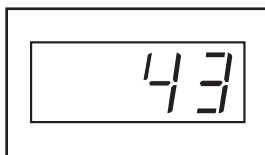
The console features an information mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been operated. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the following information will be shown:

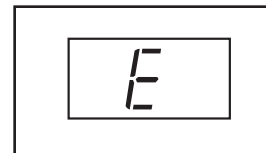
The Calories/Distance display will show the total number of miles (or kilometers) that the walking belt has moved.



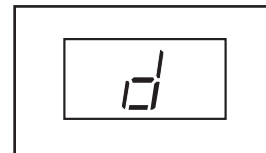
The Time/Pace display will show the total number of hours that the treadmill has been used.



An “E” for English miles or an “M” for metric kilometers will appear in the Quick Speed display. Press the Speed increase button to change the unit of measurement.



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the Pulse/Incline display while the information mode is selected. To turn on or turn off the demo mode, press the Quick Speed decrease button.



To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

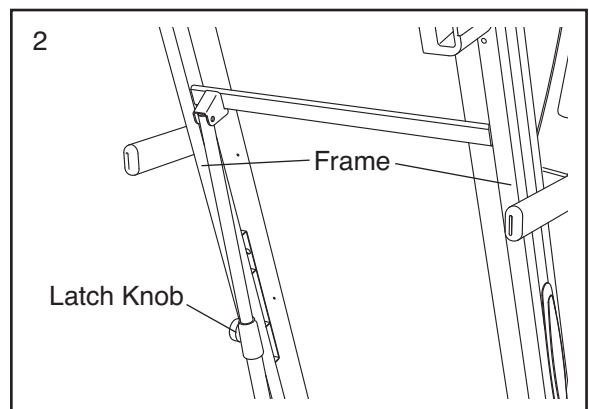
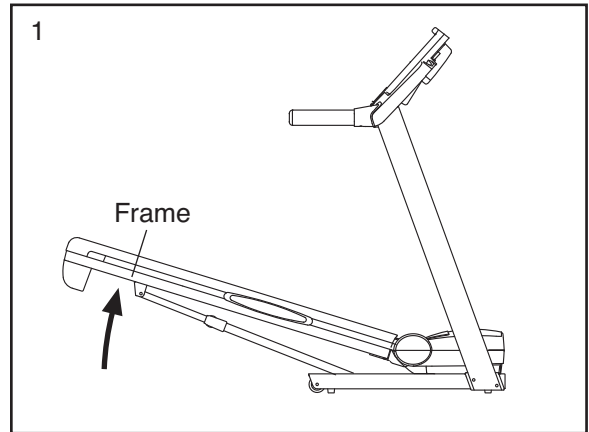
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame. Raise the frame about halfway to the vertical position.

2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

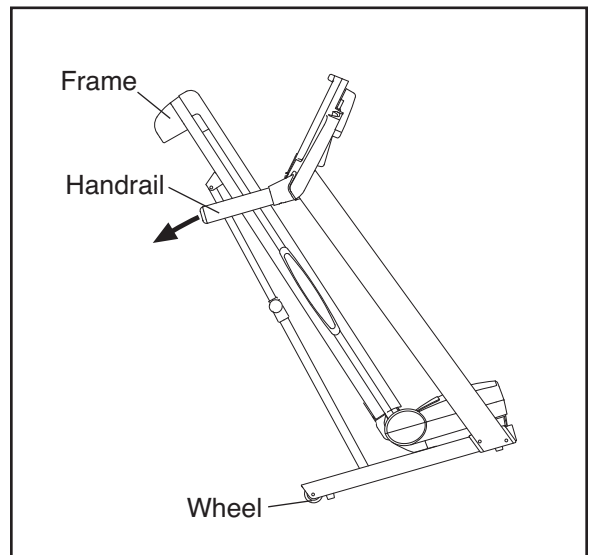
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold a handrail and the frame and place one foot against one of the wheels.
2. Pull the handrail back until the treadmill rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.
2. **See drawing 1.** Hold the metal frame firmly with both hands and lower it to the floor. **CAUTION:** Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.

TROUBLESHOOTING

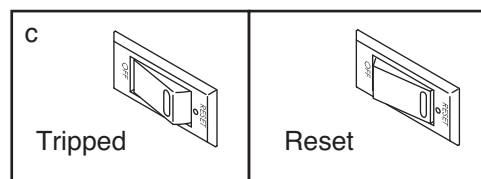
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

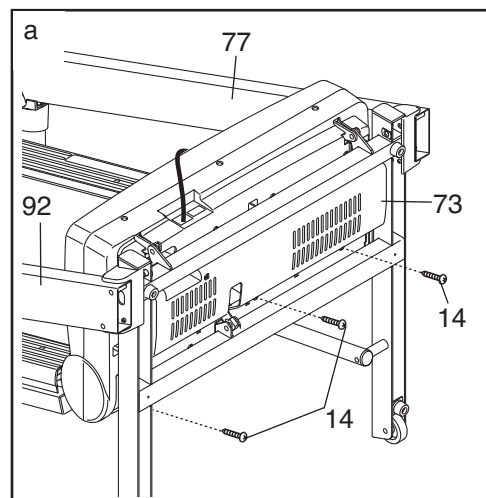
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

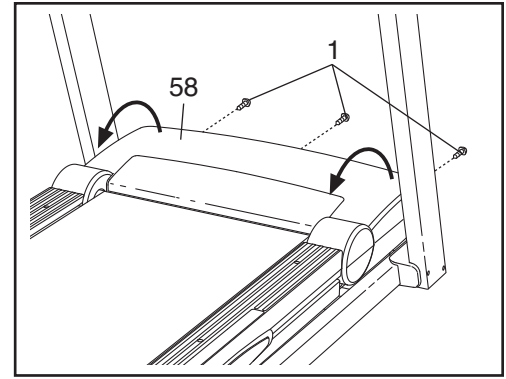
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

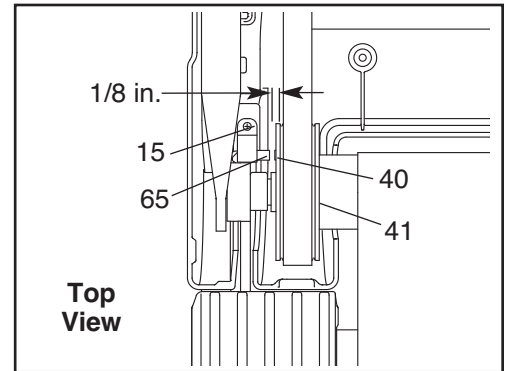
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of a second person, carefully tip the Uprights (77, 92) down. There may be three #8 x 2" Screws (14) in the bottom of the Belly Pan (73). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Then, raise the Uprights.



Remove the three #8 x 3/4" Screws (1) and carefully pivot the Motor Hood (58) off.



Locate the Reed Switch (65) and the Magnet (40) on the left side of the Pulley (41). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Pan Head Screw (15), move the Reed Switch slightly, and then retighten the Pan Head Screw. Reattach the Motor Hood (not shown) with the #8 x 3/4" Screws (not shown). Reattach the #8 x 2" Screws (not shown) if necessary. Run the treadmill for a few minutes to check for a correct speed reading.



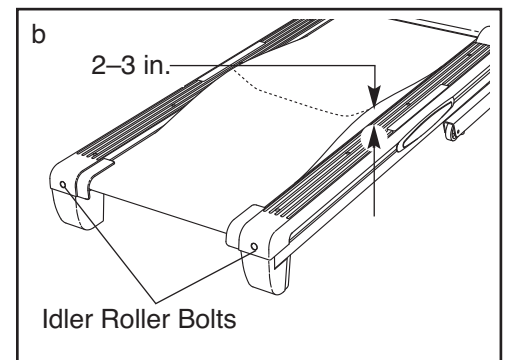
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13.

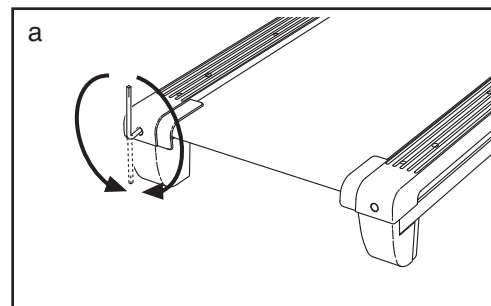
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



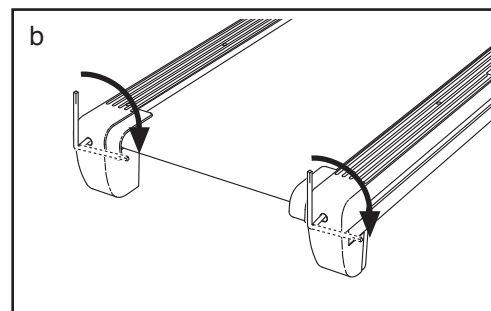
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. GGTL07819.0

R0809A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

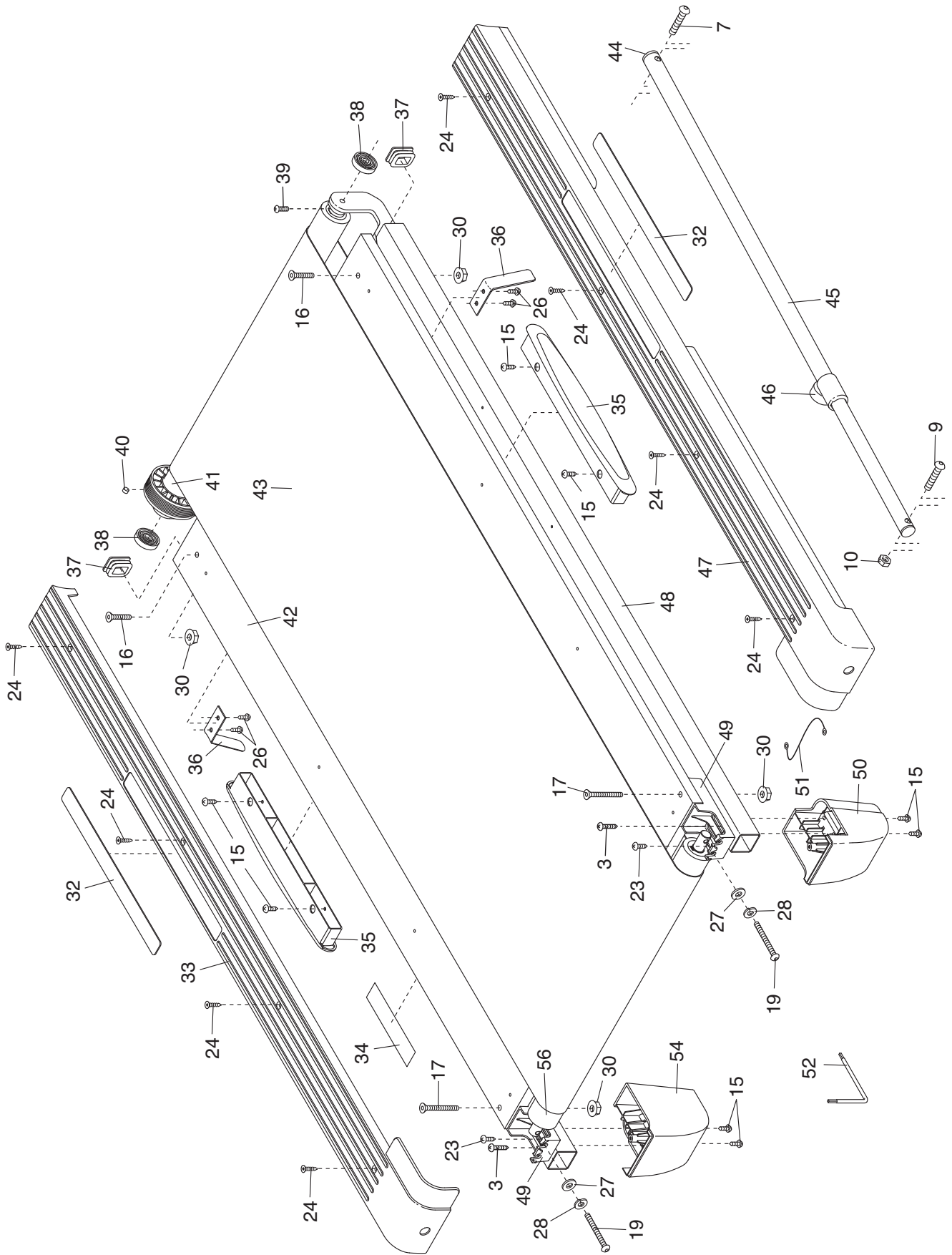
Key No.	Qty.	Description	Key No.	Qty.	Description
1	19	#8 x 3/4" Screw	51	1	Idler Roller Ground Wire
2	4	#8 x 1/2" Screw	52	1	Hex Key
3	6	#8 x 1 1/2" Screw	53	1	Console Wire Tie
4	4	#10 x 3/4" Screw	54	1	Left Rear Foot
5	4	5/16" x 1 3/4" Bolt	55	1	Right Handrail Cover
6	4	#8 x 1" Tek Screw	56	1	Idler Roller
7	1	3/8" x 1 3/4" Bolt	57	1	Hood Accent
8	4	3/8" x 4" Bolt	58	1	Motor Hood
9	3	3/8" x 2" Bolt	59	1	Lift Frame
10	3	3/8" Nut	60	1	Drive Belt
11	4	3/8" Star Washer	61	1	Drive Motor
12	4	#10 Star Washer	62	1	Lift Frame Ground Wire
13	7	#8 x 3/4" Tek Screw	63	3	Wire Tie
14	3	#8 x 2" Screw	64	2	Top Handrail Spacer
15	10	#8 x 3/4" Pan Head Screw	65	1	Reed Switch
16	2	5/16" x 1 1/2" Bolt	66	1	Reed Switch Clamp
17	2	5/16" x 3 5/8" Bolt	67	1	Controller
18	2	3/8" x 1" Patch Bolt	68	2	Bottom Handrail Spacer
19	2	Idler Roller Bolt	69	1	Controller Ground Wire
20	1	3/8" x 1 3/4" Motor Bolt	70	1	Power Cord
21	1	3/8" x 1 1/2" Motor Bolt	71	1	Power Cord Grommet
22	2	3/8" x 3/4" Bolt	72	1	Reset/Off Circuit Breaker
23	7	1/2" Ground Screw	73	1	Belly Pan
24	8	1 1/4" Foot Rail Screw	74	6	8" Tie
25	2	1/4" x 3/8" Bolt	75	2	15 1/2" Wire Tie
26	4	Belt Guide Screw	76	4	Releasable Tie
27	2	1/4" Washer	77	1	Left Upright
28	2	1/4" Split Washer	78	1	Left Handrail Cover
29	4	3/8" Jam Nut	79	2	Handrail Cap
30	4	5/16" Flange Nut	80	2	Handrail
31	3	Hood Clip	81	1	Incline Motor
32	2	Foot Rail Decal	82	1	Incline Motor Spacer
33	1	Left Foot Rail	83	2	Upright Cap
34	1	Warning Decal	84	1	Console Fan
35	2	Platform Cushion	85	1	Console
36	2	Belt Guide	86	1	Key/Clip
37	2	Frame Cap	87	1	Console Back
38	2	Frame Spacer	88	1	Accessory Door
39	1	1/4" x 1" Bolt	89	1	Console Ground Wire
40	1	Magnet	90	1	Pulse Bar
41	1	Drive Roller/Pulley	91	1	Wire Harness
42	1	Walking Platform	92	1	Right Upright
43	1	Walking Belt	93	2	Base Cap
44	1	Latch Cap	94	1	Left Upright Spacer
45	1	Storage Latch	95	4	Bolt Spacer
46	1	Latch Knob	96	1	Base
47	1	Right Foot Rail	97	4	Base Foot
48	1	Frame	98	2	Base Foot Spacer
49	2	Roller Bracket	99	2	Wheel
50	1	Right Rear Foot	100	1	Right Upright Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Caution Decal	*	—	10" Blue Wire, 2F
102	1	#8 x 1/2" Console Ground Screw	*	—	12" Red Wire, M/F
103	1	Lift Motor Wire	*	—	10" Black Wire, M/F
*	—	8" Blue Wire, M/F	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

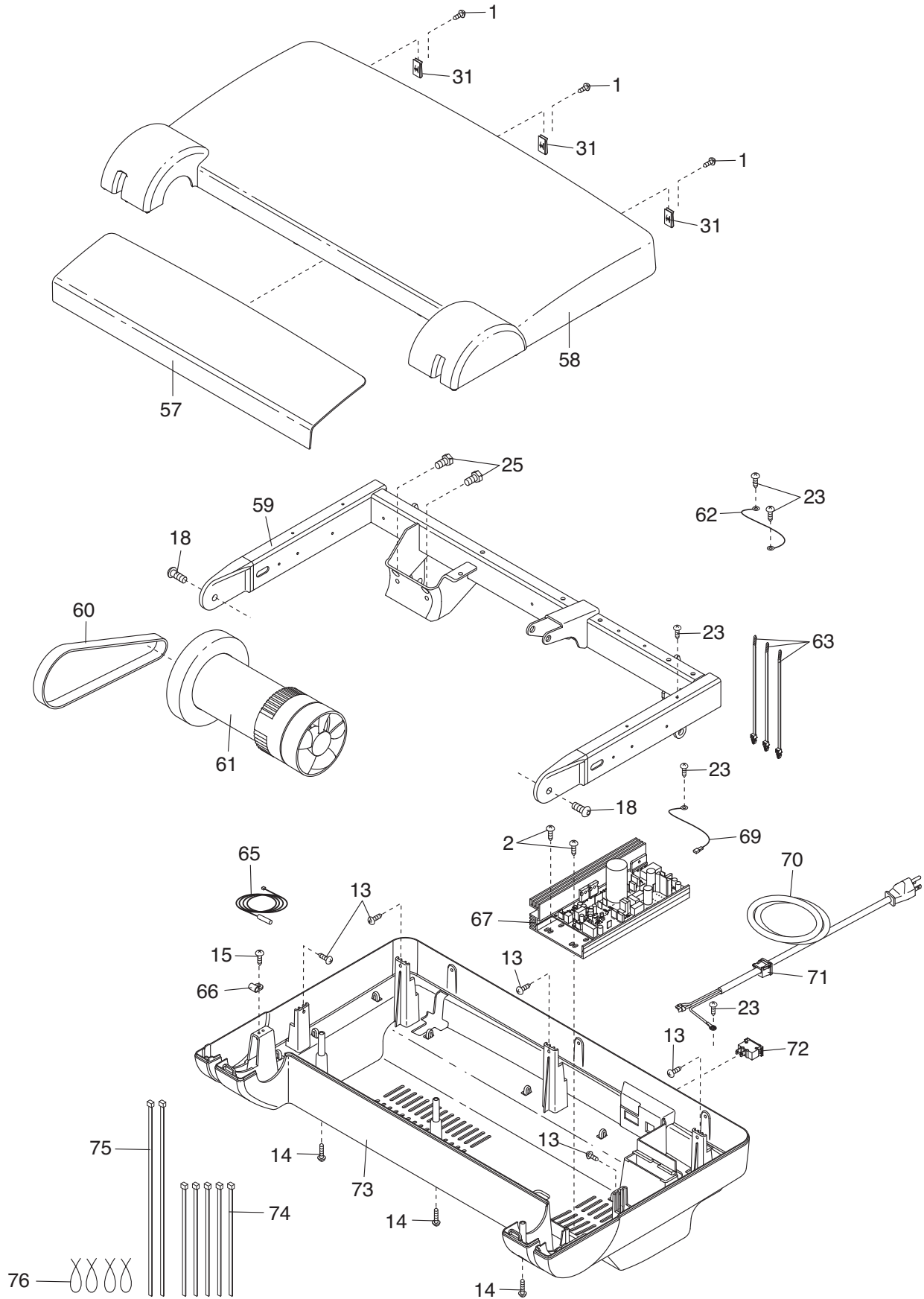
EXPLODED DRAWING A—Model No. GGTL07819.0

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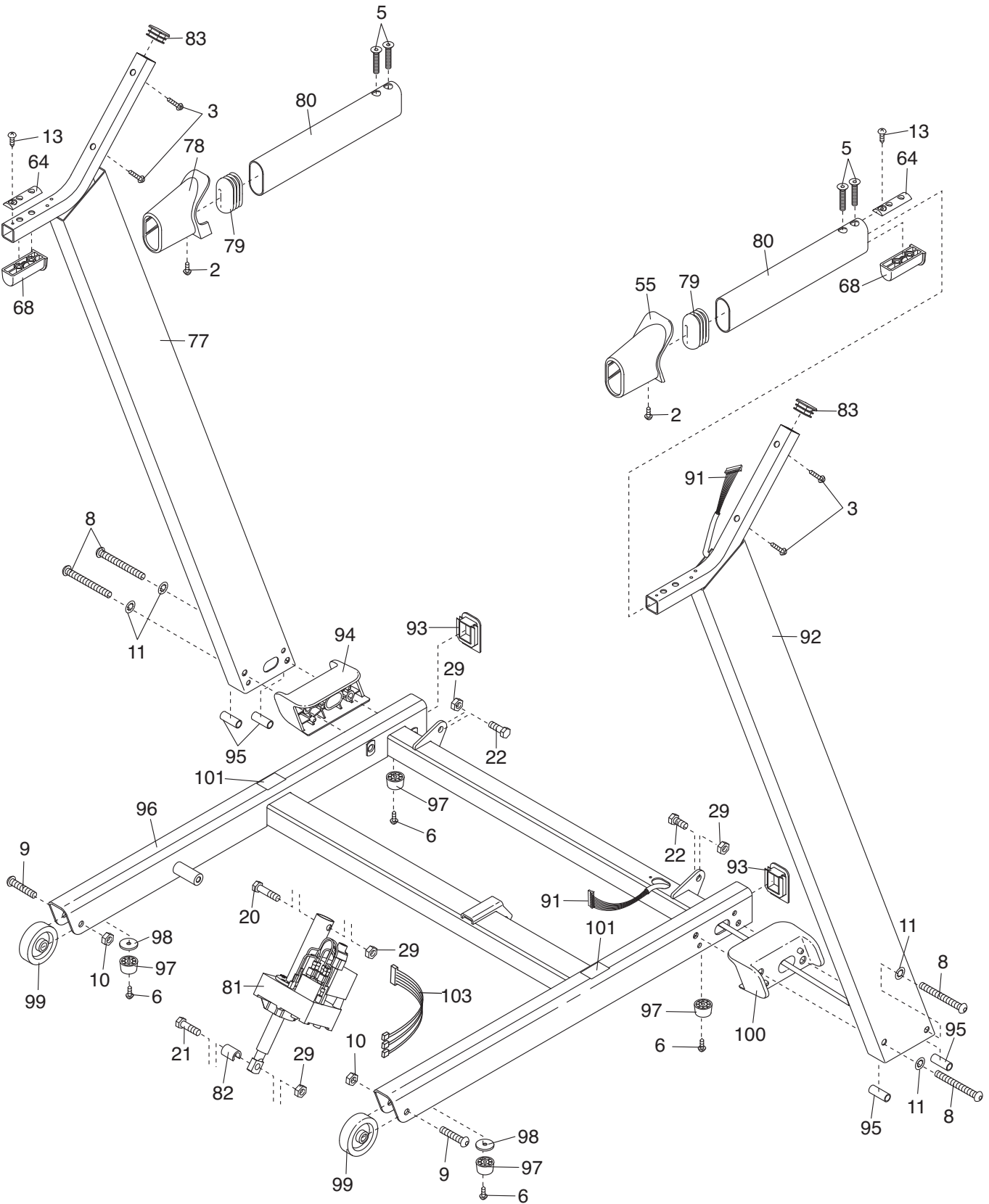
EXPLODED DRAWING B—Model No. GGTL07819.0

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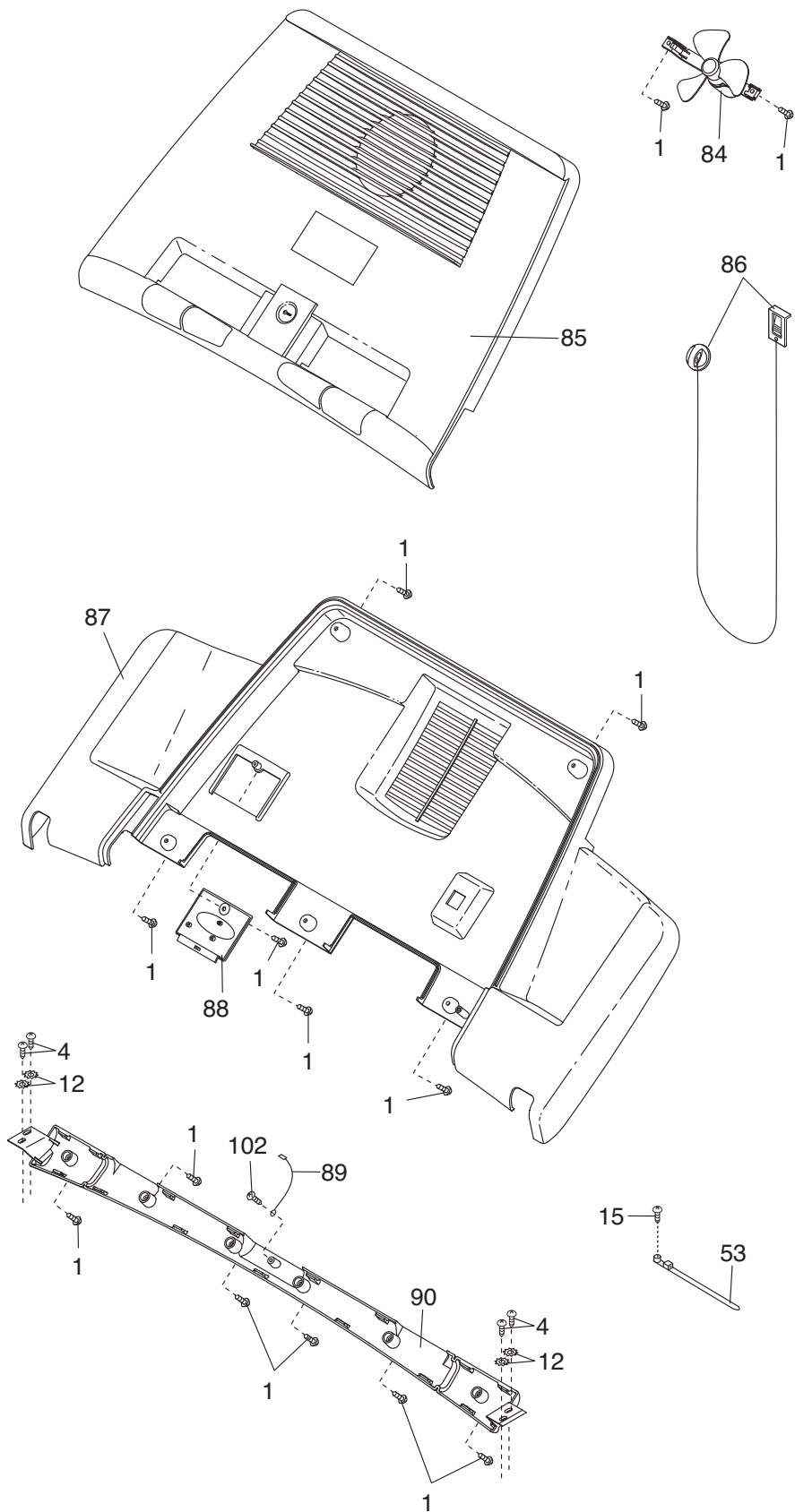
EXPLODED DRAWING C—Model No. GGTL07819.0

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EXPLODED DRAWING D—Model No. GGTL07819.0

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.workoutwarehouse.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for twelve (12) years from the date of purchase. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813